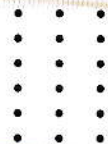


What's Shakin' Bacon?

BY MAUREEN STANLEY, ASSOCIATE EDITOR
PHOTOGRAPHY BY MAUREEN STANLEY, KARIN LAU, & ROBYN MACKENZIE

A wise person once said, *"Everything is better with bacon."* The salty and smoky flavor goes amazingly with sweet and savory dishes alike. As the self-appointed Queen of Bacon, I've compiled a few of my favorite recipes starring this tasty fare. Buckle up and hop on board the bacon bandwagon!



More than *1.7 billion pounds of bacon* are consumed annually in foodservice in the United States.

Bacon is one of the *oldest processed meats in history*. The Chinese began salting pork bellies as early as 1500 B.C.

International Bacon Day is held on the Saturday before Labor Day (the first Monday of September).

Elvis Presley was a fan of the *Fool's Gold Loaf* – a sandwich consisting of a single warmed, hollowed-out loaf of bread filled with one jar of creamy peanut butter, one jar of grape jelly, and a pound of bacon.



Delight's Bacon Inspired Menu

Bacon Infused Bloody Mary
Warm Cheesy Bacon Dip
Apple, Bacon Grilled Cheese
Bacon, Feta & Spinach Stuffed Chicken
Chocolate Bacon Fudge
Chocolate Covered Bacon
Potato Salad with Bacon



Bacon Infused Bloody Mary

YIELD: 1 COCKTAIL

GLUTEN-FREE, DAIRY-FREE, EGG-FREE, NUT-FREE, RICE-FREE

1 ½ ounces "Bakon Vodka"

Tomato juice

Dash celery salt

Dash black pepper

2 – 4 dashes worcestershire sauce and tabasco sauce

1. Add Bakon Vodka into a cocktail shaker filled with ice. Fill shaker with tomato juice and one dash each of celery salt and ground black pepper.

2. Add two to four dashes each of Worcestershire sauce and Tabasco. Shake vigorously and pour into a salt rimmed pint glass. Garnish with a celery stalk and your favorite pickled vegetables.

Bakon Vodka's flagship drink starts with superior quality potato vodka and ends with a savory bacon flavor. It's clean, crisp, and delicious! Learn more about the vodka at www.bakonvodka.com.



Warm Cheesy Bacon Dip

YIELD: 12 SERVINGS

GLUTEN-FREE, EGG-FREE, NUT-FREE, RICE-FREE

1 cup sharp cheddar cheese

1 cup mild cheddar cheese

4 ounces cream cheese

½ cup greek yogurt

1 tablespoon buffalo wing sauce

8 strips crispy bacon

1. In a 1.5 quart crockpot, combine cheeses, yogurt, and buffalo wing sauce. Stir to combine.

2. Continue cooking dip (stirring occasionally) until melted. This will take approximately 20 to 30 minutes.

3. When dip is fully melted, add crumbled bacon pieces and combine. Serve with veggies, gluten-free pretzels, or chips.

NUTRITION PER SERVING: CALORIES: 227, TOTAL FAT: 17.59G, CHOLESTEROL: 52MG, CARBOHYDRATES: 2.78G, SODIUM: 468MG, TOTAL SUGARS: 2.52G, PROTEIN: 11.93G



Apple Bacon Grilled Cheese Sandwich

YIELD: 1 SANDWICH

GLUTEN-FREE, NUT-FREE, SOY-FREE, EGG-FREE

2 slices gluten-free bread

3 thin slices Granny Smith apple

3 thin slices fontina cheese

3 strips crispy bacon

1. While you are preheating your skillet over low/medium heat, lightly toast the gluten-free bread in the toaster oven. Once bread is toasted, butter one side of a slice of bread and place it butter side down into your skillet.

2. Layer apples, cheese, and bacon. Butter one side of the second piece of bread and place that butter side up to finish the sandwich.

3. Cook both sides until golden brown and the cheese begins to melt. Slice and serve.

NUTRITION PER SERVING: CALORIES: 1,063, TOTAL FAT: 62.08G, CHOLESTEROL: 182MG, CARBOHYDRATE: 70.89G, DIETARY FIBER: 9.65G, PROTEIN: 52.25G, TOTAL SUGARS: 38.82G, SODIUM: 2127MG





Chocolate Bacon Fudge

YIELD: 16 FUDGE SQUARES

GLUTEN-FREE, NUT-FREE, SOY-FREE, EGG-FREE, CORN-FREE, RICE-FREE

2 cups granulated sugar
½ cup unsweetened powdered cocoa
¾ cup milk
¼ cup half and half
1 teaspoon vanilla extract
¼ cup butter
8 strips crispy bacon
Candy thermometer

1. In a medium saucepan, combine sugar, cocoa, milk, and half and half. Stir continuously over medium/high heat until the mixture comes to a rolling boil.

2. Once the mixture comes to a boil, stop stirring. Continue to boil without stirring until the mixture reaches 238 degrees F on your candy thermometer. This will take approximately 30 minutes to reach this temperature.

2. Remove saucepan from heat and add vanilla extract and butter. Do not stir. Wait until mixture has cooled to 110 degrees F. This will take approximately 30 minutes.

3. Transfer to a mixing bowl and beat on medium/high speed until the fudge has lost its sheen (it will change from glossy to dull). Add five strips of crumbled bacon and combine.

4. Line an 8x8 dish with wax paper. Pour fudge into prepared dish. Top with three crumbled bacon strips. Let cool for at least one hour. To store, refrigerate in an airtight container between layers of waxed paper.

NUTRITION PER SERVING: CALORIES: 210, TOTAL FAT: 9.36G, CHOLESTEROL: 24MG, SODIUM: 210MG, CARBOHYDRATES: 26.59G, DIETARY FIBER: 0.03G, TOTAL SUGARS: 26.25G



Recipes for *Chocolate Covered Bacon* and
Potato Salad with Bacon on page 98.

Bacon, Feta & Spinach Stuffed Chicken

YIELD: 4 SERVINGS

GLUTEN-FREE, NUT-FREE, RICE-FREE, EGG-FREE, SOY-FREE

4 boneless chicken breasts (1/2 pound each)
1 (16 ounce) bag frozen spinach
6 tablespoons crumbled feta cheese
8 slices of crispy bacon
Salt
Pepper
Olive Oil

1. Preheat the oven to 425 degrees F. Rinse chicken breasts and pound each to a ½ inch thickness. Rub both sides the breasts with

olive oil, salt and pepper.

2. In a separate bowl, combine spinach, feta cheese and crumbled bacon. Spoon equal portions of the mixture onto each flattened chicken breast. Roll up chicken breast tightly and secure with wooden toothpicks.

3. In a preheated oven safe skillet that has been lightly oiled, sear on all sides until golden brown. Transfer skillet to oven and bake for 25 minutes or until the internal temperature reaches 165 degrees F. Serve with a side of veggies and/or a warm gluten-free roll.

NUTRITION PER SERVING: CALORIES: 391, TOTAL FAT: 29.84G, CHOLESTEROL: 87MG, CARBOHYDRATES: 0.74G, DIETARY FIBER: 0.08G, PROTEIN: 25.77G, TOTAL SUGARS: 0.51G, SODIUM: 194MG

Potato Salad with Bacon

YIELD: 12 SERVINGS

GLUTEN-FREE, DAIRY-FREE, SOY-FREE, NUT-FREE, CORN-FREE, RICE-FREE

5 pounds russet potatoes

¾ cup diced celery (approximately 2 stalks)

¾ cup diced sweet onion (approximately ½ onion)

1 pound crispy bacon

1 ¼ cup mayonnaise

1 tablespoon honey

1 tablespoon lemon juice

1 teaspoon salt

1 teaspoon pepper

1. Bring a large pot of salted water to boil. Peel and dice potatoes. Rinse well in a colander.
2. Add potatoes to boiling water and cook until fork tender (approximately 25 minutes). Drain and let cool in a large serving bowl. Once cooled, add diced celery, onion, and crumbled bacon to potatoes.
3. In a separate bowl, combine mayonnaise, honey, lemon juice, salt and pepper. Whisk together and pour over potatoes. Combine well. Allow to refrigerate for several hours (overnight if possible). This lets the flavors develop.

NUTRITION PER SERVING: CALORIES: 366, TOTAL FAT: 17.03G, CHOLESTEROL: 38MG, CARBOHYDRATES: 37.86G, DIETARY FIBER: 2.80G, PROTEIN: 15.28G, TOTAL SUGARS: 4.10G, SODIUM: 52MG

Chocolate Covered Bacon

YIELD: 1 DOZEN PIECES

GLUTEN-FREE, EGG-FREE, CORN-FREE, RICE-FREE

1 pound bacon

1 bag Wilton's Dark Cocoa Melts (14 ounces)

1 bag Wilton's White Candy Melts (14 ounces)

Optional Toppings: Chopped pistachios, peanuts, mini chocolate chips, shredded coconut, demerara, or brown sugar

1. Preheat the oven 400 degrees F. Line a cookie tray with tin foil. Using wooden skewers, thread pieces of bacon onto each skewer. Roast in the oven for 20 minutes or until the bacon is crispy.
2. Remove bacon from oven and transfer skewered bacon to paper towels.
3. Using the candy melts (found in your local craft store), melt dark cocoa and white chocolate melts according to microwave directions. With a pastry brush, coat both sides of each bacon strip with melted chocolate or vanilla (or both!).
4. Add preferred toppings and place on a waxed paper-lined baking sheet. Refrigerate until chocolate has set. Be sure to store your chocolate covered bacon in the refrigerator.

NUTRITION PER SERVING: CALORIES: 210, TOTAL FAT: 14.09G, CHOLESTEROL: 41MG, CARBOHYDRATES: 1.31G, DIETARY FIBER: 0.08G, PROTEIN: 14.05G, TOTAL SUGARS: 0.62G, SODIUM: 83MG

What's Trending?

Tweets & Posts from Delight's Social Media Friends!



@delightgfmag good work with issue 17. Recipes look terrific. I put extra copies out for my patients. Congrats!

From: Dr. John La Puma
@johnlapuma

@delightgfmag I love that you do what you do!

From: Suzi Tasker
@GypsyGirlGrnola

Your Magazine is truly amazing! Thank You!

From: OMG IT's
Gluten-Free on Facebook

LOVE LOVE LOVE this magazine! Can't wait to try all of the recipes!

From: Rachel Oldham
on Facebook



So jazzed! Got a box of @delightgfmag holiday edition to share with clients. Such fantastic #gf tips for ppl with celiac & allergies.

From: Cheryl Harris
@CherylharrisRD



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